

WE ARE BETTER

**TOGETHER**

The Oxfordshire Mental Health Partnership



**Oxfordshire  
Recovery  
College**

# **PROSPECTUS**

## **2017 - 2018**



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The Oxfordshire Mental Health Partnership

## The Partnership

### Winners of the OCVA Working Together Award 2016

Oxfordshire Mental Health Partnership is an exciting partnership, established in 2015 that formally brings together six local mental health organisations from the NHS and charity sector.

The partnership was formed so that they could commit to working much more closely with each other and with people who have mental health problems to make it easier for people to get the best possible support when they need it.

Our Recovery College is one of the commitments that the partnership is making to improve joined up services.

[www.omhp.org.uk](http://www.omhp.org.uk)





# Welcome to the Oxfordshire Recovery College

## Welcome to our 2017-2018 prospectus!

We're really pleased that you're considering our college, and would love to tell you a bit more about what we do.

We design and deliver courses that aim to help you to take steps towards recovery, or to support someone you know in their own recovery journey. Our students range from people experiencing poor mental health; friends, family and carers; and professionals supporting people with their mental health, and they all learn together.

All of our courses are designed and delivered by both an Expert by Experience (someone with lived experience) and an Expert by Training (someone with a professional background in that area). We call this co-production, and this is at the heart of everything we do. Thanks to this approach, we're confident that our range of courses can help you take control of your own wellbeing, create opportunities for real and impactful learning, and foster hope for a brighter and better way of managing mental health.

We don't offer therapeutic services like counselling or diagnosis, instead we follow an educational approach within a supportive environment.

"Each course provides personal and professional insight on struggles and the paths to recovery".

"You come away thinking: it's not just me; I could use that idea; I could contact this organisation for further help".

## Our recovery-focused workshops and courses are designed to:

- Help students to recognise and make use of their talents and resources.
- Help students to explore their possibilities and develop their skills.
- Support individuals in achieving their identified goals and aspirations.
- Assist students to find their own solutions.
- Ensure students can choose courses that help them to make sense of their experiences, and empower them in their recovery.

Each term we add new courses for you to try out, so make sure you take a look at the term dates on our website to see what's coming up.

"The courses were well-organised, well delivered in a relaxed atmosphere and I felt safe".

# Who can come?



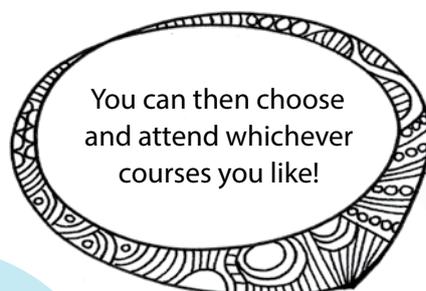
All of our courses and workshops are free for anyone over the age of 18 who is:

- Accessing services within the Oxfordshire Mental Health Partnership
- A carer, friend, or family member of someone with a mental health problem
- A volunteer or employee of the Oxfordshire Mental Health Partnership

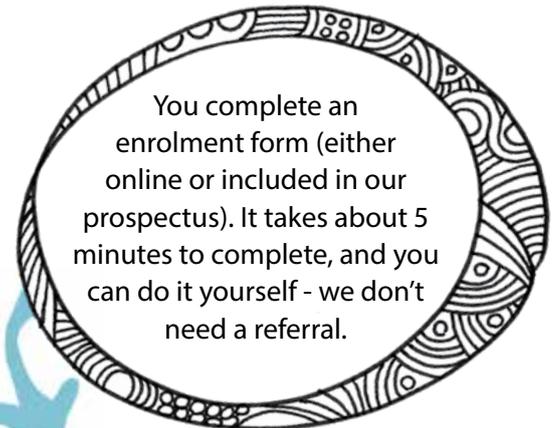
If the above groups don't apply to you but you'd like to attend our courses, please get in touch with our team (contact details on back cover).

Our college is committed to providing an accessible and inclusive experience for all students. Please let us know of any learning, mobility, or sensory challenges when you enrol so we can do everything possible to ensure your time with us is both rewarding and successful.

At all times, you'll be respected as an individual, and no lines are drawn between people of different backgrounds – every student follows the same student pathway, no matter if they're someone with lived experience, a professional, or a carer.



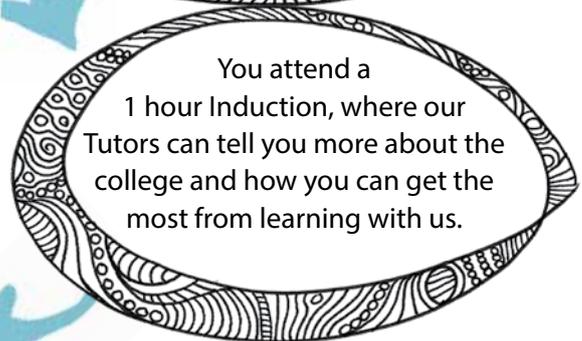
You can then choose and attend whichever courses you like!



You complete an enrolment form (either online or included in our prospectus). It takes about 5 minutes to complete, and you can do it yourself - we don't need a referral.



We'll get in touch to arrange a time for you to meet with one of our Tutors to complete an Individual Learning Plan, so that we can get to know you.



You attend a 1 hour Induction, where our Tutors can tell you more about the college and how you can get the most from learning with us.

"The Tutors had a great deal of insight into the subject and were very compassionate and warm".

"There is no 'them - and - us' barrier, we are all students, who want to learn from and with each other".



# Frequently asked questions

## **Is this like going back to school or college?**

The Recovery College is based on college principles but recovery as a concept is at the very heart of all the courses. You are in control and can choose the courses of interest to you and that will best help you on your recovery journey. While we have a structured approach to our courses, the atmosphere is fairly relaxed and informal.

## **How will the Recovery College monitor my learning?**

Every student will work alongside a tutor to develop an Individual Learning Plan. This will also help you to monitor your own learning and see your progression towards achieving the goals you have identified.

## **What is the cost of courses?**

For people within our three eligibility groups (see opposite page) the courses are all completely free (thanks to our fabulous funders!). If those groups don't apply to you, we may be able to make courses available to you for a small fee. We'll always try to ensure that costs are kept low and affordable, so please come and talk to us.

## **Will I need to bring books and other equipment?**

No, the college and course tutors will provide all of the materials needed.

## **I have some physical and learning problems. Will I still be able to do courses?**

Yes. We have learning environments that are accessible and we are inclusive. If you have concerns, please tell us when you first contact us. A tutor will work with you to develop an Individual Learning Plan which includes a section on your individual support needs.

## **Do I have to attend every session?**

Most of our courses are stand-alone, but a few of them may be spread over a few sessions. We encourage you to attend all sessions of your courses wherever possible, but we do understand that sometimes the unexpected can get in the way. If you're unable to attend your course, please get in touch and let us know – places are in high demand, and we may be able to offer your place to someone else. If you miss several sessions, we'll provide an opportunity to meet and discuss any issues that may be making it challenging for you to learn with us.

## **What can I hope to get out of coming?**

Our courses are designed to help you develop your knowledge and understanding, and to gain some practical tools for recovery, mental health, living well and education. This may be a stepping stone to other opportunities and an important part of your personal and professional development. We're also proud of the social opportunities our courses provide, and are confident you'll feel a part of a supportive and welcoming student community. As one of our students said, "some of the most powerful experiences are when I hear other peoples' stories, and how they survived really tough times; it gives me hope that I too can come out on the other side".

## **I care for somebody who has mental health challenges – can I attend courses?**

The Recovery College acknowledges and understands the importance of carers, family and friends, and so some of our courses have been co-developed and delivered by carers. If these are of interest, you can enrol as a student.

## **Do I need to be referred to the college?**

No. It is your decision entirely to become a student at the Recovery College, to enrol and to determine the course or courses you would like to do.

# Where to find us



We have what we call a 'Hub and Spoke' model. Our 'Hub' (our office) is based at Elder Stubbs in Oxford, and so is our Oxford training room.

We run courses in numerous locations across the county. We may add new locations throughout the year, so check the term dates online (or the handout in our prospectus) to see what we're running and where. If we aren't providing anything near to you, please enrol so we can see there are people there who'd like courses. If there's enough demand in a new area, we can look at getting some courses up and running.

## Snapshot of our courses

To find out more about our other courses, please check our course dates online.

### Introduction to Recovery

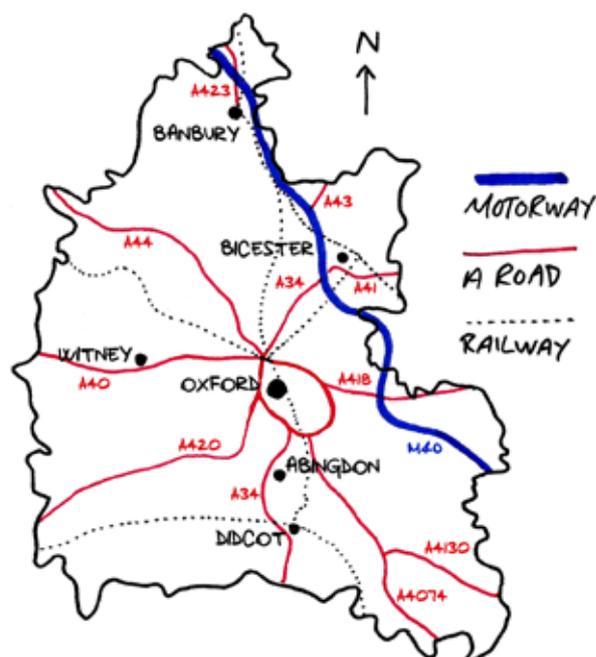
This course aims to provide an understanding of what recovery is, what the recovery journey means and how unique each person's journey is. It will help you to decide if you would like to develop your knowledge further through our recovery courses and may help you discover what makes you unique and what recovery means to you.

**Course duration:** Half day (3 hours)

### Employment: Exploring Confidence

Mental ill-health often leads to a loss of confidence, making it difficult for people to access employment. We appreciate that getting back into employment is often an important part of recovery and this course will help you recognise your skills and provide practical help for you to work towards your goals. This course aims to create a greater understanding of the meaning of confidence, why we need it and how we get it. It will help recognise and develop existing skills and provide the tools moving forward to increase confidence.

**Course duration:** Half day (3 hours)



### Understanding Psychosis

What is Psychosis? This course will follow the journey of someone who has experienced psychosis, exploring what can be challenging and helpful in someone's recovery journey. This course is suitable for anyone who has experienced psychosis, or is a carer or professional supporting someone who is dealing with psychosis.

**Course duration:** Half day (3 hours)

### Benefits of Pets

This course aims to look at the ways in which companion animals can help us improve and maintain our own well-being, while also acknowledging the commitments and difficulties that can be involved with caring for our pets. Acknowledging that not everyone is in a position to own a pet, we also explore some of the alternatives to pet ownership and help people evaluate the pros and cons of owning different kinds of pets considering individual circumstances.

**Course duration:** Half day (3 hours)



## Contact us



**Address:** Oxfordshire Recovery College, c/o Restore,  
Elder Stubbs Allotments, Rymers Lane,  
Oxford, OX4 3LB

**Phone:** 01865 779 613

**Email:** [info@oxfordshirerecoverycollege.org.uk](mailto:info@oxfordshirerecoverycollege.org.uk)

**Website:** [www.oxfordshirerecoverycollege.org.uk](http://www.oxfordshirerecoverycollege.org.uk)



Oxford Health   
NHS Foundation Trust



## Cover photography

BENEDICT LEIGH  
"Hope" (left)

JOHANNA NAGY  
"Control" (right)

RACHEL DUNSCOMBE  
"My Teddy Bear Sunflower / Hope" (middle)

## Design & Illustration

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I'd like to include a huge thank you to Debbie from my TC group (Therapeutic Community, Oxfordshire Complex Needs Service) for inspiring the 'doodle' theme illustrations.